La Choy
BOOK OF CHINESE RECIPES

Prepare Tasty Chinese Dishes at Home with LaChoy Food Products

THE art of Chinese cookery, the envy of nations and hitherto the despair of even the most adept chefs, has, until recently, been practiced only in the Orient and in a few expensive restaurants.

Now Chop Suey and other Chinese dishes can be quickly and easily prepared in every American household with LaChoy genuine imported products, which constitute the basis, and the secret as well, of these justly famed and flavorous foods.

For years American housewives have eagerly sought genuine Chinese ingredients and the instant response and rapidly increasing demand that marked the appearance of LaChoy products in leading groceries is an index of their great popularity.

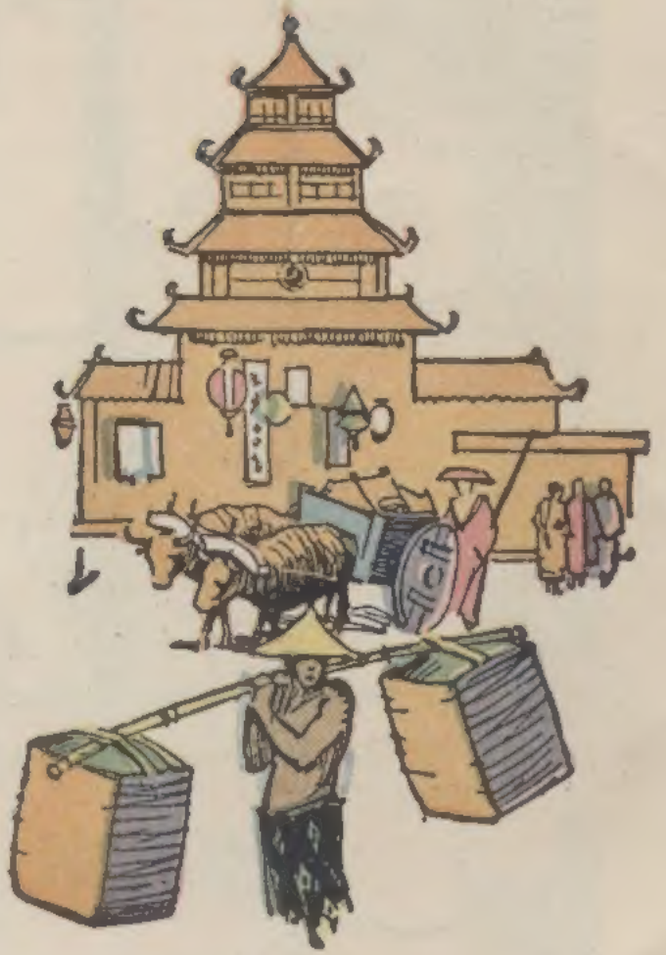
These products are imported from China, where slow and painstaking processes have imparted rare and inimitable flavor. Yet this typically elusive and delicate tastiness might still be lost, were it not for most advanced and carefully evolved canning methods.

Our sanitary American plant, where highest standards of purity are strictly adhered to, is equipped with the most modern canning machinery available. Specially trained LaChoy workers carefully supervise each process.

Leading dieticians acclaim the healthfulness of these foods. Dr. John Harvey Kellogg has found LaChoy Sprouts particularly rich in the recently discovered and life-giving vitamines.

Bottled or canned in hermetically sealed containers, LaChoy products come to you with the highest possible guarantee of immaculate purity and sterling quality.

LaChoy Food Products, Inc., Detroit, Michigan



LaChoy Sprouts are the principal Chinese ingredient for making delicious Chop Suey. However, should you desire extra fine chop suey, Sub Kum, the product pictured on this page, contains in pleasing variety LaChoy Sprouts, Water Chestnuts and Bamboo Shoots, all the essential imported ingredients of this popular dish

CHINESE CHOP SUEY
For Two Persons

All chop sueys are prepared and cooked alike, the only difference between the various kinds such as Chinese, American, mushroom, green pepper, tomato, chicken, etc., being in the ingredients. For example, green pepper chop suey would be prepared and cooked same as Chinese chop suey except that thinly sliced green pepper would be added to the LaChoy Sprouts and other vegetable ingredients.

½ pound lean pork, veal or beef tenderloin cut in pieces. 2 cups celery cut to same size as meat. 1 cup of dry onions cut in small pieces. 1 can of LaChoy Sprouts. 3 tablespoonfuls of LaChoy Soy Sauce.

Bring lard or cooking oil in skillet almost to boiling point. Fry the prepared meat with tablespoonful of Soy Sauce alone until done, stirring constantly. Next add celery and onions and a little soup stock and cover over to cook until vegetables are done to your liking. Add LaChoy Sprouts and heat thoroughly. Add gravy and serve hot with rice.

The gravy may be made as follows: To half cup of broth or the juice of meats, add tablespoonful of flour or corn starch, tablespoonful of LaChoy Soy Sauce and teaspoonful of LaChoy Brown Sauce, and stir until smooth.

If elaborate Chinese dishes are desired, add LaChoy Sub-Kum, or LaChoy Water Chestnuts, Bamboo Shoots, and mushrooms, green pepper, asparagus, almonds, etc., at the same time as LaChoy Sprouts.

For 75 to 100 Persons

In preparing chop suey for restaurants, church, society and club suppers, use these proportions and follow regular procedure: 5 lbs. dry onions; 3 dozen stalks celery; 1 can of tomatoes No. 3; 10 No. 3 cans LaChoy Sprouts; 1 pt. or 2 bottles LaChoy Soy Sauce.

Chop Suey, best known and most popular of all Chinese dishes

CHOW MEIN NOODLES are a most popular LaChoy product. They are, of course, most widely used in preparing Chow Mein. However, as a picnic dish they are unexcelled. Eaten like potato chips or nut meats they constitute a delicious ready prepared food

CHOW MEIN
For Four Persons

Chow Mein is one of the most popular and yet easy to make of all Chinese dishes. Use any kind of meat desired in making the chop suey covering. Simply get a can of LaChoy Chow Mein Noodles at your dealer's where you purchased the LaChoy Soy Sauce and Sprouts. Empty them into a pie tin and warm in oven for a few minutes. Next cook the chop suey ingredients as in the former recipe.

Mold the hot noodles on a platter or plates and cover with chop suey; decorate with lettuce and sliced cold boiled eggs; sprinkle with chopped nuts and serve while hot, with LaChoy Soy Sauce as a condiment.

If extra fine chop suey or chow mein is desired, use LaChoy Sub-Kum instead of LaChoy Sprouts alone.

STEWS

In making stews of any kind, LaChoy Sprouts will be found a highly desirable addition. Season stews with LaChoy Soy Sauce while cooking, instead of adding salt. Appearance and flavor will be improved.

WARMEIN
For Three Persons

Boil 5 oz. dry fine noodles or vermicelli in water for 4 minutes. Drain and divide into serving bowls. Make Chop Suey as directed in this booklet, and spread over the boiled noodles. Garnish same as Chow Mein, and serve with LaChoy Soy Sauce.

COOKING RICE

Measure ½ cup for each person. Wash several times by rubbing, until clear water is obtained. Place in a pot and cover with water twice the depth of the rice; that is to say, if the rice measures one inch deep in the pot, add water to measure two inches above the rice. Bring the rice to a boil under fast fire. As soon as it comes to boil, turn the fire down to simmer. In 20 minutes the water has all disappeared and rice is flaky. Do not stir or add water. Rice cooked in this manner may be kept hot in the pot for hours.

LaCHOY SPROUTS WITH BACON

Chop ¼ lb. bacon and fry until done. Remove from fire and add teaspoonful vinegar. Pour this over 3 cups of LaChoy Sprouts, drained and heated ready for serving.

For delicacy of flavor and appetizing appearance no dish surpasses Chow Mein

LaChoy Water Chestnuts are an essential ingredient of numerous fine Chinese dishes, especially chop suey, chow mein and egg foo yong. They have a delicate flavor resembling that of the American chestnut, hence their name. They will commend themselves to American cooks for use in various ways, as for instance sliced in fruit or vegetable salads, or in stuffed squash; as a creamed vegetable; or minced in fish balls, omelets, croquettes and similar foods. Like LaChoy Bamboo Shoots, they may be prepared in any way one fancies asparagus or artichokes, and are even used by many as an after dinner delicacy, like nut meats.

WATER CHESTNUT FRITTERS

Mix together 1 cup of minced Water Chestnuts, 1 beaten egg, 1 pint of milk, salt and pepper, flour to make a rather thick batter, with 1 teaspoon of baking powder to each cup of flour. Drop from a teaspoon into deep fat. The fritters should puff like doughnuts.

SIDE VEGETABLE

Water Chestnuts may be creamed or otherwise prepared like asparagus or artichokes.

CREAMED SPROUTS

Thicken slightly 2 cups of milk with flour. Salt to taste. Add 2 cups of LaChoy Sprouts. Cook 3 minutes and serve.

WATER CHESTNUT SOUFFLE

Mix the yolks of 5 eggs, butter the size of an egg, 1 cup of milk, salt and pepper. Add 1 can of Water Chestnuts, diced, and the well-beaten whites of the eggs. Bake in a hot oven 20 minutes.

BRAISED MEAT

Take a thick steak, pound in all the flour that it will take. Fry in skillet until brown. Pour over this steak ¼ cup of catsup or tomato sauce, two tablespoonfuls of LaChoy Soy Sauce, no salt, and let it simmer on top of the stove or in the oven for half an hour, adding a little water when necessary. Slow fire.

Water Chestnuts, Crisp and Sweet, please all palates

LaChoy Chinese Soy Sauce is indeed a culinary essential in any household. This savory sauce is brewed and aged in China, according to the century-old, preferred Chinese recipe. It is obtainable at your grocer's in sterilized and hermetically sealed bottles, insuring you a wholesome and pure, as well as highly palatable, product. LaChoy Soy Sauce will add a piquancy of flavor to any soup. All salads are made more tasty by the addition of a few drops of sauce to whatever dressing is used. Wherever a delicious condiment is desired, use this genuine imported sauce

BEEF BROTH OR BEEF TEA
For Three Persons

¼ pound of beef diced in small squares. Boil in four cups of water for 20 minutes, add 2 tablespoonfuls LaChoy Soy Sauce. No salt. This will give you a really healthful pure broth with just the right color, flavor, and rich taste for course dinners or for invalids.

The above broth may be prepared with any meats, soup bone, or fowl, and vegetables may be added when a thick soup is desired.

SAUCE FOR COLD MEATS

In serving any kind of cold meats, boiled or roasted, make a sauce with two tablespoonfuls of LaChoy Soy Sauce, three tablespoonfuls of Chili sauce or catsup with a pinch of good mustard mixed together —no salt. You will find that this kind of sauce is a particular favorite with men.

SALAD DRESSINGS

In serving Mayonnaise dressing, thin it a little with a few drops of LaChoy Soy Sauce. For vegetable salads, such as combination, cucumber or lettuce salads, a dressing made as follows is widely popular: 2 tablespoonfuls olive oil, 1 tablespoonful vinegar or lemon juice, 1 tablespoonful La Choy Soy Sauce, 1 teaspoonful sugar, pinch of mustard and paprika. Beat together and pour over salad.

'AU JUS' GRAVY FROM ROASTS

In roasting hams, beef, chicken, etc., baste with two tablespoonfuls of LaChoy Soy Sauce to two cups of water. This will give you a delicious 'au jus' gravy which you can serve with mashed potatoes.

Cold Meats are much more tasty when served with LaChoy Chinese Soy Sauce

DELICATE in flavor and extremely attractive in texture, Sprouts are possibly the most highly favored of the products distributed under the protected name "LACHOY." They constitute a delicious ingredient of any fruit, vegetable or meat salad. In soup they are unexcelled. LaChoy Sprouts with curry have proven a most popular dish. They are a first essential in making chop suey.

EGG FOO YONG
For Three Persons

3 eggs; ½ cup of shredded onions, ½ cup finely chopped bacon, ham or cold roasted meat of any sort; ¼ cup sliced Water Chestnuts, 1 cup LaChoy Sprouts. Beat the eggs with the other ingredients until a thick consistency is secured; divide into six portions—mold into a soup ladle or cup and pour carefully into a shallow pan of hot frying fat or oil. When one side is brown turn over and brown the other.

Make gravy with LaChoy Soy Sauce, as in the case of chop suey, and serve while hot.

SIMPLE VEGETABLE DISH

Drain can of LaChoy Sprouts and fry 4 minutes in butter. Serve with LaChoy Soy Sauce.

CHOW CHOW, PICKLES, ETC.

LaChoy Sprouts are readily adaptable to your use in pickles, chow chow, etc. They may be included in any of your favorite recipes for such appetizers.

COMBINATION SALAD

Mix 1 cup LaChoy Sprouts and ½ cup chopped celery. Cut 4 radishes and 1 cucumber in thin slices. Slice ½ green pepper in rings. Sliced vegetables should be laid in alternate layers. Serve with French dressing or mayonnaise, flavored with LaChoy Soy Sauce.

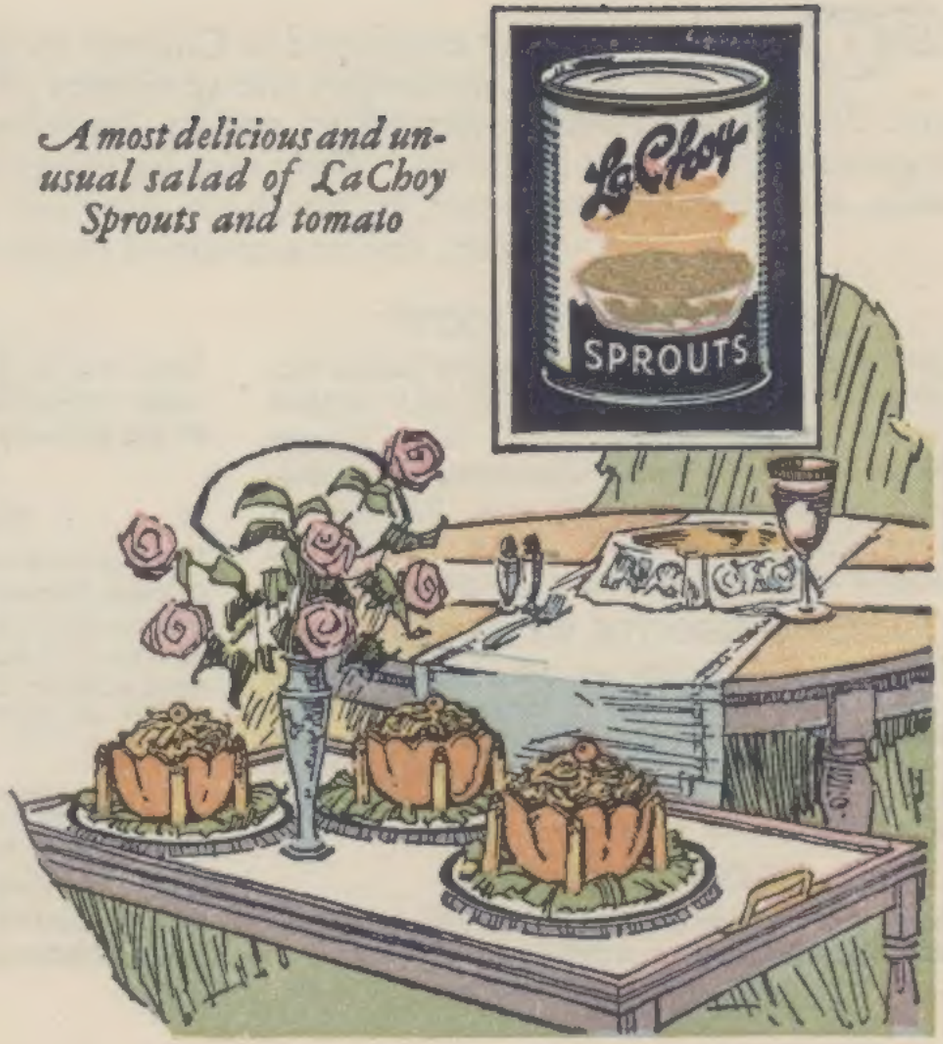
SCALLOPED SPROUTS WITH POTATOES IN CASSEROLE

Slice 3 raw potatoes and mix with 1 can LaChoy Sprouts. Add 1 teaspoonful LaChoy Soy Sauce. Put in baking dish and add 1 cup milk. Cover with 4 strips of bacon or slice of ham. Bake in moderate oven.

SPROUTS AU GRATIN

3 potatoes, sliced, 1 chopped onion, 1 chopped green pepper, 1 can LaChoy Sprouts. Put all ingredients in baking dish, season with LaChoy Soy Sauce and add 1 cup milk. Cover with ¼ lb. grated cheese and bake in moderate oven.

A most delicious and unusual salad of LaChoy Sprouts and tomato



Of all the delicacies employed in Chinese cooking, few are more relished than the tender, succulent young shoots of bamboo. LaChoy Bamboo Shoots are readily adapted to use in American dishes, either as a side vegetable or salad ingredient. They may be minced and used in meat or fish balls, meat loaves, croquettes, patties, hash, omelets, etc. They are excellent in stews, and as a creamed vegetable.

JADE BAMBOO SHOOTS

Cut contents of 1 can LaChoy Bamboo Shoots into 2-inch strips. Make a paste of ¼ cup chopped minced chicken, ½ cup minced ham, ¼ cup chopped LaChoy Water Chestnuts, 1½ tablespoons corn starch, whites of 2 eggs. Roll bamboo strips separately in paste. Steam 10 minutes. Garnish with LaChoy Sprouts and parsley.

BAMBOO SHOOTS WITH SHRIMP

Cube ½ cup Bamboo Shoots. Mix 1½ tablespoons LaChoy Soy Sauce and 1 tablespoon vinegar (taragon preferred). Dip Shoots in mixture, and fry in fat 2 minutes. Remove and add to 1 cup shrimps, ½ cup chicken stock, 2 tablespoons LaChoy Soy Sauce. Cook 5 or 6 minutes.

SIDE VEGETABLE

Bamboo shoots may be creamed or otherwise prepared like asparagus or artichokes.

SALADS

Dice or slice the Bamboo Shoots, and mix with other vegetables. Add a little LaChoy Soy Sauce to the dressing.

YET-CA-MEIN

For Three Persons

Boil 5 oz. fine noodles or vermicelli in quart of rich chicken, beef or other broth, for 4 minutes. Divide the noodles and the broth into serving bowls, garnish with halves of hard boiled eggs, sliced cold roast pork or chicken, and sprinkle with chopped parsley or green onions. Serve with LaChoy Soy Sauce.

CHINESE CONSOMME

To 4 cups of strong clear soup stock add 2 tablespoonfuls LaChoy Soy Sauce. Dice ½ cup LaChoy Bamboo Shoots and Water Chestnuts and add. Boil 5 minutes and serve hot.

Bamboo Shoots are readily adaptable to American Cookery

BROWN SAUCE, an extract of the nourishing and tasty soy bean, lends that delicate and appetizing shade of brown to roasts, gravies, etc. It serves as a slight sweetening and is often used in baked beans, ginger snaps and candy. Its principal function is as a coloring material.

BROTH OR SOUP

1 teaspoonful of LaChoy Brown Sauce will impart a pleasing and appetizing color to about one gallon of broth or soup.

CHINESE BROWN GRAVY

Two tablespoonfuls LaChoy Soy Sauce, 1 teaspoonful LaChoy Brown Sauce, 1 teaspoonful corn starch. Mix until smooth and stir into boiling juice of roast or ½ cup soup stock. A rich, brown, and highly palatable gravy is the result, especially desirable with egg foo yong.

SPROUTS AU JUS

Cut in ½-inch squares ¼-lb. beefsteak. Cook thoroughly in 2 cups water; season with 1 tablespoonful LaChoy Soy Sauce and boil again 5 minutes. Heat 2 cups LaChoy Sprouts, drain, arrange on platter and smother with meat moisture.

SPROUTS OMELET

Add 1 cup LaChoy Sprouts, drained, to 2 beaten eggs. Pour half into small buttered frying pan. Sprinkle with finely chopped bacon or ham. Add remainder of egg mixture. Cook as plain omelet.

FISH

LaChoy Soy Sauce adds zest when used on fried perch or any kind of fish. In baking or frying fish whether rolled in flour or not, add a few drops of LaChoy Soy Sauce while cooking. Do not forget to take a few bottles with you when going fishing or camping.

SPROUTS COLD SLAW

Drain LaChoy Sprouts and make into cold slaw according to your favorite recipe, merely substituting Sprouts for cabbage.

Brown Sauce Adds both flavor and color

KUMQUATS are among the most delicious of our imported Chinese food products. Their delicate tang and elusive flavor have won them a definite place on the menu in many households. Served as a dessert they are a pleasant change from the ordinary. In salads they strike that so desirable note of the unusual and piquant. Once you have tasted them you will no doubt find many different uses for them.

WALDORF SALAD

Mix equal quantities finely cut apple, celery, and LaChoy Sprouts. Mix thoroughly with Mayonnaise dressing. Garnish with strips of pimentoes, minced LaChoy Kumquats, Maraschino cherries and nut meats.

PINEAPPLE SALAD

Boil 3 cups LaChoy Sprouts in pineapple juice. Cover with Mayonnaise dressing, lightly flavored with LaChoy Soy Sauce. Sprinkle with chopped nut meats and garnish with LaChoy Kumquats.

WHITE FRUIT SALAD

Cut pineapple, grape fruit flesh and bananas into small pieces. Add 1 cup LaChoy Sprouts and mix with Mayonnaise, flavored with LaChoy Soy Sauce. Place on lettuce leaf and top with whipped cream and LaChoy Kumquats.

CHOW EGGS

Mince ½ cup of any cooked meat, ¼ cup canned or fresh mushrooms, ½ cup LaChoy Water Chestnuts, ½ cup LaChoy Bamboo Shoots. Add to these ingredients 6 eggs, and beat thoroughly. Scramble in a greased skillet, garnish with chopped parsley and serve with LaChoy Soy Sauce as a condiment. This dish is also known as Eggs Canton style.

SERVING LEFTOVERS

Hash is really very delicious if made with good ingredients and well seasoned. Grind your leftover meats with liberal quantity of onions and add chopped cold boiled potatoes. Moisten with LaChoy Soy Sauce and mold into patties. Bake in oven or fry in pan until brown.

Minced Kumquats over Ice Cream are Delicious

THE recipes in this booklet comprise but a few of the numberless foods that can be prepared with LACHOY IMPORTED PRODUCTS as a basis. With a little experimenting you will no doubt originate unusual and tasty dishes that serve as a never-ending source of delight to you and your family

SPROUTS SOUP

To 1 can of clear soup, or 4 cups of soup stock, add 2 cups of LaChoy Sprouts and boil three or four minutes. Remove from fire and stir in 2 eggs. Season to taste with LaChoy Soy Sauce.

SPROUTS WITH CURRY

Cut ½ lb. lean pork or beef in small pieces. Add 1 teaspoonful Curry powder. Cook in 1 cup of water. Add 2 cups LaChoy Sprouts and serve with LaChoy Soy Sauce.

CREOLE SAUCE

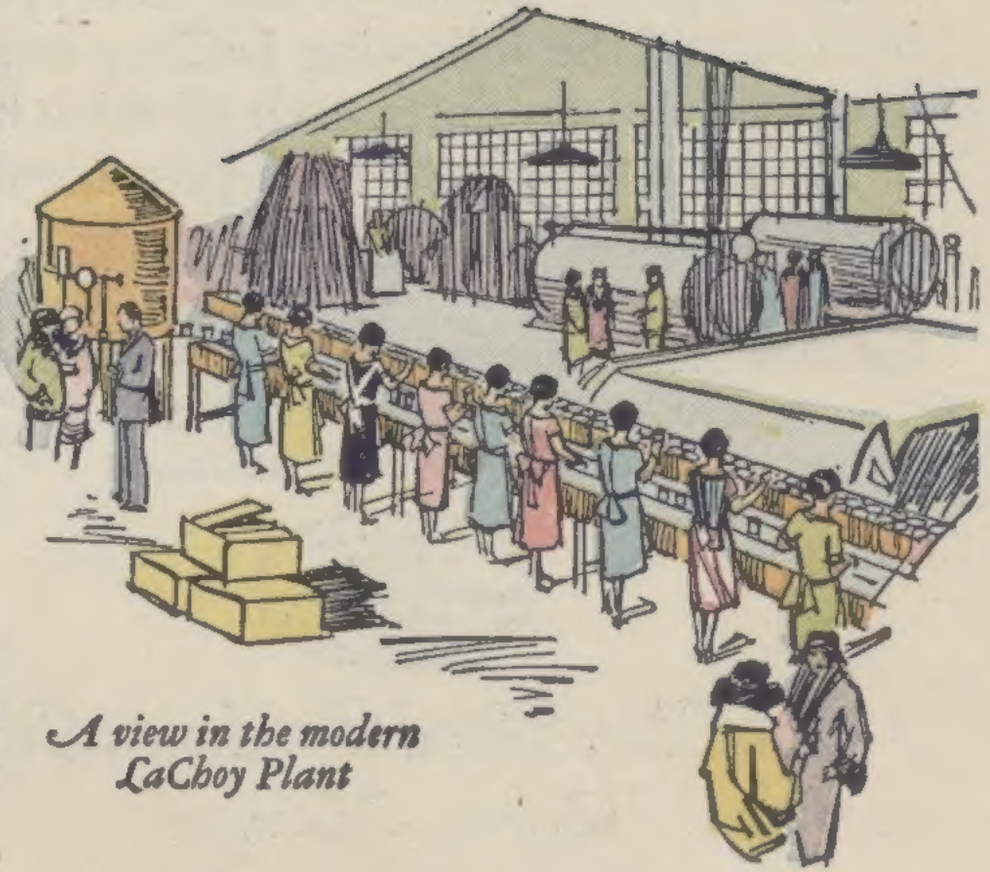
This popular sauce is made of vegetables such as celery, LaChoy Sprouts, tomatoes, peas, green peppers and carrots, chopped and mixed together and stewed about two hours. It is seasoned with pepper and LaChoy Soy Sauce.

PLANKED STEAK WITH SPROUTS

Steak cut 1½ to 2 inches thick. Sear quickly on both sides in broiler or frying pan. Remove to hot steak plank and cook in oven until done. Garnish with mashed potatoes, peas, carrots and 2 cups LaChoy Sprouts. Serve with LaChoy Soy Sauce.

STEWED SPROUTS WITH TOMATOES

2 cups LaChoy Sprouts. 2 tomatoes or ½ can tomatoes. Bring to boiling point with 2 tablespoonfuls LaChoy Soy Sauce. Add 1 slice dried bread cut into squares. Either LaChoy Water Chestnuts or Bamboo Shoots, diced, may be included with pleasing results.



A view in the modern LaChoy Plant

Your grocer should be able to supply you with any of the following LaChoy imported Chinese food products, each of which supplies a definite need in your menu

LaChoy Sprouts
LaChoy Soy Sauce
LaChoy Brown Sauce
LaChoy Sub-Kum
LaChoy Kumquats
LaChoy Bamboo Shoots
LaChoy Chow Mein Noodles
LaChoy Water Chestnuts

Tested and Approved 1934 Bureau of Foods Sanitation and Health Good Housekeeping Magazine

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Detroit, Michigan

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If your grocer is unable to supply you, send us his name

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